

**WE CLAIM**

1. A composition comprising:
  - (i) an amount of encapsulated Vitamin E such that when the composition is divided into unit doses each unit dose contains at least 100 IU Vitamin E,
  - (ii) from about 0.5% to about 10% by weight based on total weight of the composition, of precipitated silica,
  - (iii) from about 1% to about 10% by weight, based on total weight of the composition, of calcium silicate,
  - (iv) from about 5% to about 50% by weight, based on total weight of the composition, of microcrystalline cellulose,
  - (v) from 0 to about 5% by weight, based on total weight of the composition, of talc; the precipitated silica and the calcium silicate being present in a total amount of over 4% by weight, based on total weight of the composition; the encapsulated Vitamin E and the total amount of silica and calcium silicate being present in a ratio of from 3:1 to 6:1; and the composition being compressible into stable tablet or caplet unit doses.
2. The composition, as claimed in Claim 1, wherein each unit dose contains at least 200 IU Vitamin E.
3. The composition, as claimed in Claim 1, wherein the total amount of precipitated silica and calcium silicate is at least about 5%.
4. The composition, as claimed in Claim 1, wherein the total amount of precipitated silica and calcium silicate is from about 5% to about 8%.
5. The composition, as claimed in Claim 1, wherein the calcium silicate is present in an amount of about 4.5% and the precipitated silica is present in an amount of about 4%.

6. The composition, as claimed in Claim 1, wherein the talc is present in an amount of from about 1% to about 5%.
7. The composition, as claimed in Claim 1, wherein the proportion of encapsulated Vitamin E : precipitated silica : calcium silicate is 2-50 : 1-10 : 1-10.
8. The composition, as claimed in Claim 1, wherein the microcrystalline cellulose is present in amount of about 30%
9. The composition, as claimed in Claim 1, wherein the encapsulated Vitamin E is Vitamin E acetate beadlets.
10. The composition, as claimed in Claim 1, wherein the encapsulated Vitamin E is spray dried Vitamin E.
11. The composition, as claimed in Claim 1, further including one or more additional vitamins and/or minerals.
12. The composition, as claimed in Claim 1, further including cardioprotective minerals and vitamins.
13. The composition of Claim 1, compressed into a stable tablet or caplet unit dosage form.
14. A method of providing a cardiovascular benefit to a human comprising orally administering to said human a daily dose of one or more stable tablets or caplets prepared by compressing the composition of Claim 1, said composition containing cardioprotective minerals and vitamins, the Vitamin E, cardioprotective minerals and vitamins being present in amounts effective to decrease homocysteine level in said human.